

# CANTEEN MENU 2017

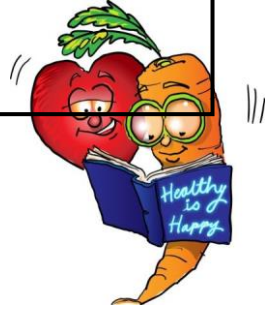
Open Monday and Thursday

Our menu complies with the Catholic Education commission of Western Australia's Healthy Food and Drink Choices Policy.

Our Menu has been colour coded according to the Traffic Light System and proudly offers 80% Green choices and limits the availability of Amber choices meaning that we exceed the minimum standards. We do not sell Red items.

**Please note the following information about our Canteen products:**

- We use lean ham and lean chicken.
- **ALL** dairy is reduced fat
- **ALL** spreads are poly or mono unsaturated fats and dressings are reduced fat
- **ALL** school made items are appropriate portions
- Bread and rolls are wholemeal – white is only available on request



RECESS		
	Fruit	
	Fruit salad, small	
	Yoghurt, low fat	
	Pikelet	
	Wholemeal crackers with cheese	??????
	Veggie sticks with low fat dip	
	Healthy smoothie	?????
	Cheesie	
	Muffins	School made with fruit

DRINKS MENU		
	Milk, Hi Lo	
	Strawberry milk, low fat	
	Banana Milk, low fat	
	Choc milk, low fat	
	Choc Mint, low fat	
LUNCH - SALAD BOXES		
	Salad (lettuce, cucumber, tomato, carrot, capsicum, mayo/dressing)	
	Chicken salad	
	Egg salad	
	Tuna salad	

*You can choose to add any of the following to your salad box:*

- **Beetroot**
- **Bean mix**
- **Light coleslaw**
- **Light potato salad**



*Please turn over for more great Lunch options!*



### SANDWICHES & ROLLS

*To add salad to your sandwich, please pay \$1.00 extra*

Vegemite	
Salad	
Cheese / Cheese with salad	
Egg / Egg with salad	
Chicken / Chicken with salad	
Tuna / Tuna with salad	
Ham with salad	

### WRAPS

Chicken with salad	
Egg with salad	
Cheddar cheese with salad	
Tuna with salad	
Ham with salad	

### TOASTIES

Cheese	
Cheese + ham	
Cheese + ham + tomato	
Cheese + ham + pineapple	
Cheese + chicken	
Cheese + chicken + pineapple	

### HOT LUNCH CHOICES

*HH = Homemade & healthy. CA = WASCA Approved*

Corn cob	
Soup of the day HH	
Mac & cheese CA	
Spaghetti bolognese CA	
Chicken breast burger + salad in wholemeal roll	
Veggie burger with salad in wholemeal roll	
Cheese and Bacon Focaccia	
Sushi: Chicken or Tuna	
Nachos, plain corn chips, cheese (school made salsa containing corn, tomato, zucchini)	

### AFTER LUNCH MENU

Fruit salad	
Quelch Sticks (99% fruit juice) CA	
Ice creams CA (Paddle Pops Chocolate and Rainbow)	
Light Vanilla Buckets	

### Special Menu

Good Eating Sausage roll CA, Cruiser light beef pie CA Party pie CA Party Sausage Roll	Week 1, 5, 9
Hot Dogs	Week 2, 6, 10
Chicken Teriyaki and Rice	Week 3, 7
Wedges with sour cream	Week 4, 8

